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Strengthening People—Building Community

A BI-ANNUAL NEWSLETTER FOR THE SUPPORTERS OF TRICITY FAMILY SERVICES

SAVE THE DATES

Emerald City Gala
Saturday, March 21

Green Means Go 5K
Saturday, May 2

Golf Outing
Monday, June 22

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NORTHWESTERN
MEDICINE DELNOR
HOSPITAL



THERE'S NO PLACE LIKE ... TRICITY FAMILY SERVICES!

Celebrating the brains, the heart and the courage behind its mission, TriCity Family Services invites the community to an Oz-themed fundraiser on Saturday, March 21 ... the Emerald City Gala.

The 31st Annual Fundraiser will be held at the Q Center, with Ron Onesti (president and CEO of The Arcada Theatre) returning as Gala master of ceremonies. Enjoy hors d'oeuvres, drinks, dinner, live and silent auctions, wine and whiskey pulls, and more.

In addition, the evening will also recognize this year's 9th Annual Golden Heart Award winners: **Mike and Betsy Penny**, Individual or Couple; **The Richard H. Driehaus Charitable Lead Trust**, Company or Foundation; and **Geneva Women's Club**, Community Group or Organization.

DATE/TIME:

SATURDAY, MARCH 21
6-11PM

LOCATION:

THE Q CENTER
1405 N. 5TH AVE., ST. CHARLES

REGISTER AT EmeraldCityGala.GiveSmart.com

www.TriCityFamilyServices.org

630.232.1070

1120 RANDALL COURT
GENEVA, ILLINOIS 60134

2570 FOXFIELD ROAD
SUITE 101
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FOLLOW THE YELLOW BRICK ROAD

Sponsorship/Advertising Opportunities

If you or your business would be interested in supporting our Gala as a sponsor or program advertiser, there are still options from which to choose. For more information, contact Michelle Rollins at mrollins@tricityfamilyservices.org, or call 630.232.1070, x114.

Win a Trip to Tuscany with the Emerald Ticket Raffle

Try your luck at winning a Trip for Two to Tuscany in this year's Emerald Ticket Raffle! Fifty tickets will be sold for \$100 each. Raffle tickets may be purchased at the event or in advance. The drawing will be held at the Q Center on March 21, 2020. **You do not need to be present to win.**

Trip includes: Six nights accommodations in Cortona, Italy for two adults; Cooking show with dinner for two; Wine tasting for two. Transportation not included.

For more information, visit tricityfamilyservices.org.

JOIN US OVER THE RAINBOW

Following the Gala, the party continues from 10-11pm with a one-hour Over the Rainbow After-Party. Fortune readings with Professor Marvella. Live music, featuring The Nite Hawks. Photo opportunities. Complimentary late-night snacks and espresso drinks. Swag bags. Cash bar.

Want to be part of the fun? Spots available. Contact Michelle at mrollins@tricityfamilyservices.org or call 630.232.1070, x114 for more info!



FOLLOW-UPS

MIND OVER MATTER TRIVIA NIGHT

Another memorable Trivia Night took place on September 14 at Batavia Moose Lodge, resulting in \$2,100 for the agency. The always-popular competition involved teams of 6 to 8 people battling other teams to see who has the greatest knowledge of all things trivial. Congratulations to **Lori's Lounge Lizards (Berkshire Hathaway Starck Realtors)**, who took home the title and planning rights for the next trivia fundraiser.



FALL INTO FASHION

Nearly 80 attendees were part of the Fall Fashion Show, held on September 24 at Club Arcada Speakeasy. Eleven models, each one representing TriCity Family Services' staff, Board, Advisory Council and volunteers, rocked the runway in fashions provided by Jeans and a Cute Top Shop. More importantly, the event empowered females of all ages, races, sizes and backgrounds to connect inner and outer beauty. Emcees for the night were **Jami Johnson** (TriCity Family Services' Helpers with Heart) and Marcelle Doyle (Jeans and a Cute Top Shop). Final numbers indicate that this year's event brought in \$1,700 for the agency.



SAVE THE DATE: GOLF OUTING!



Cold weather is here to stay for a few more months but that doesn't mean we can't start thinking about warmer temperatures and golf. Save the date to join TriCity Family Services on Monday, June 22 for its golf outing at Prairie Landing Golf Club in West Chicago.

The 2020 outing will have a slight change to its format with a morning shotgun start, beginning at 8am. Registration will include breakfast, 18 holes of golf, on-course contests, lunch, awards, and goodie bags for all participants.



THIS YEAR'S WINNER: Kimberly Svevo-Cianci presents Loy Williams with his Barth award.



PAST RECIPIENTS: Left to right; Dudley Burgess; Joanne Spitz; Melinda Kintz; Judy Burgess; Loy Williams; Melinda Hinners-Waldie; Cris Anderson; Pam Mann, and Judge Clint Hull

GENEVA'S LOY WILLIAMS RECEIVES 2019 BARTH AWARD

TriCity Family Services presented the 35th Annual William D. Barth Award on October 23 to **Loy Williams** of Geneva. The award was presented at the agency's Barth Award Dinner held at Riverside Receptions and Conference Center in Geneva.

Sponsored by TriCity Family Services, the William D. Barth Award honors the memory of William D. Barth, a founder of the agency and a dedicated community leader. The honor is given to someone whose belief in the community and concern for those living here is shown by an ongoing involvement in community life.

Nominated for his display of humanity and advocacy for the communities he selflessly serves, Williams has been a trusting and generous force for Changing Children's Worlds Foundation of Geneva since December 2013, as a volunteer and trained facilitator. Through the organization, he has been one of the first participants of the International Child Development

Program (ICDP) "The Best Start for Families" to become a certified facilitator of the program. In 2017, Williams was awarded the Changing Children Worlds Foundation Champion of Empathy Award for his dedication to this organization.

A certified counselor and social worker for more than three decades, Williams' career achievements include being the first paid executive director of TriCity Family Services from 1976 to 1981. He was an employee assistance counselor for Lucent Technologies in Naperville and a school social worker for six school districts in the Fox Valley area. Presently, Williams participates in a counseling practice in St. Charles. His wisdom and sensitivity ensure that those who seek his guidance will have their feelings validated and respected while they are also given tools to resolve problems and learn to heal.

In addition to being a clinical social worker, Williams has been a parish

associate pastor for the Fox Valley Presbyterian Church since 1982. He is also an active member of the Geneva Rotary Club since 1981, having once served as president of the club.

Williams' educational achievements include earning two master's degrees: a master's degree in theology from Perkins School of Theology at Southern Methodist University in Dallas and a master's degree in social work from the University of Iowa, as well as advocating for civil rights. While a graduate student, he and his late wife, Linda, registered people to vote and volunteered with Dr. Martin Luther King Jr's Southern Christian Leadership Conference. In 1965, Williams received a telegram from King asking him to gather everyone he knows and head to Montgomery, Alabama, where Williams joined a civil rights march. In a 2013 newspaper interview, Williams said the civil rights movement still exists today but in a form different from the 1960s marches. He continues to reach out to

a local Islamic congregation in Batavia and also to the Latino community in Geneva. "I think the more we know about each other, the better we understand each other ... and, really, the richer society is, in general," Williams said. "I think the struggle for civil rights is a struggle that will never be finished because of the way human nature is. We need to make sure we treat everyone with the same respect."

A devoted family man, Williams is a loving father and grandfather, who believes in living life to the fullest. He has a pilot's license and, for six years, lived aboard a sailboat, traveling

from Chicago to the Florida Keys, the Bahamas and the U.S. East Coast.

The William D. Barth Award was established in 1985 and recognizes one individual each year who has made a significant and positive impact, through community service, on the Central Kane County area.

Past recipients of the William D. Barth Award include the following: Melinda Kintz, 2018; Dudley and Judy Burgess, 2017; The Honorable Clint Hull, 2016; Carolyn Fabian, 2015; Joanne Spitz, 2014; Fred Norris, 2013; Carolyn Sprawka, 2012; Sarah Kimber,

2011; James Kintz, 2010; Mary Lu O'Halloran, 2009; Pam Mann, 2008; Doris Hunt, 2007; Cris Anderson, 2006; Steve Lillie, 2005; Peg Halladay, 2004; Vernon Oie, 2003; Melinda Hinners, 2002; Darlene Marcusson, 2001; Betsy Penny, 2000; Marjorie Hissong, 1999; Robert Hawse, 1998; Carol Rosene, 1997; Ralph & Lucile Little, 1996; Vernon Guynn, 1995; Howard Wallin, 1994; James Abbot, 1993; Joanne Hansen, 1992; Max Hunt, 1991; Russell Forkins, 1990; Nellie Wood, 1989; Nancy Temple, 1988; Glen Haines, 1987; Jim McCausland, 1986 and Frank Burgess, 1985.

THE WEARING OF THE GREEN



Going green for Mental Health Month is a national initiative and one that we take quite seriously at TriCity Family Services. So much so, that last year we created a hashtag, **#MentalHealthMattersinKane**, that we plan to repeat in 2020.

The month of May is a few months off but we are already planning to partner with local businesses to continue raising awareness for everything that surrounds mental health.

In addition to lime green ribbons being displayed across business districts, other exciting initiatives are in the works, kicking off on Saturday, May 2 with the agency's newly-reformatted **5K race, Green Means Go**, and a repeat display of lime driving around town, thanks to the fabulous support of Mendel Plumbing and Heating. The family-friendly run, to be held at Gunner Anderson Forest

Preserve, is a fantastic way to educate young and old, runners and walkers, about mental health. All are invited to participate. For more info, visit tricityfamilyservices.org.

On Thursday, May 14, join us for a **Mural Reveal Party** at Water Street Studios, from 4:30-6:30pm. As part of Water Street Studios' Activate the Alley pARTnership project, the cocktail party will feature presentations by TriCity Family Services and artist Maureen Gasek. This event is free and open to the public.

And, once again, we are thrilled to partner with the Kane County Cougars for the **2nd Annual Mental Health Awareness Night**, slated for Sunday, May 17. And that is just a sampling of the events. Please visit our website and stay in touch with us to learn more about what we are doing to go green for mental health.



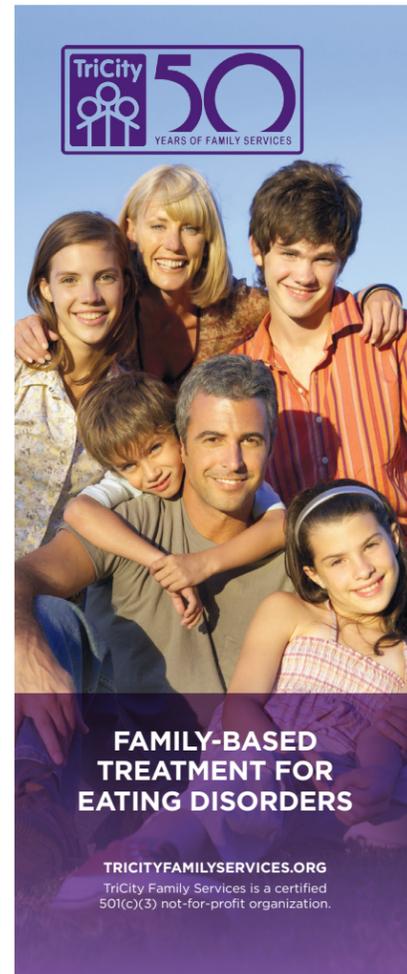
VANTASTIC! Left; Our team posing in front of Mendel Plumbing & Heating's awareness van.

FEBRUARY IS EATING DISORDERS AWARENESS MONTH! COME BACK TO THE TABLE

What if there was a proven way to support the emotional wellbeing of your children, limit the likelihood of disordered eating and avoid high risk behavior?

There is! Research has shown that families who share meals together on a regular basis reap numerous benefits.

TriCity Family Services' Family-Based Treatment for Eating Disorders Program is a highly practical, evidence-based outpatient approach that recognizes parents as the best resource for their children's recovery, and uses a team model that includes the therapist, the family physician, family members and other partners to achieve success. Visit tricityfamilyservices.org for more information, or call 630.232.1070.



Benefits of a family meal include:

- Helps children feel more secure and safe
- Allows parents to monitor children's mood, behavior and activities
- Strengthens family ties and build a sense of belonging
- Models good eating habits and table manners
- Reduces the likelihood of emotional and behavioral problems
- Monitors signs of disordered eating, such as eating very little, diet pills, self-induced vomiting, and overeating
- Improves children's grades
- Helps with language development

How to Implement:

- Make the family meal a priority. Focus on being together more than on cooking an elaborate meal.
- Start small. Increase the number of family meals by one or two meals per week to start.
- Let the kids be involved in planning and preparing the meal.
- Turn off the TV and the electronic devices.
- Work as a family to clean up.
- Visit thefamilydinnerproject.org for more information on family meals.

To improve the public understanding of eating disorders, please help us recognize National Eating Disorders Awareness Week 2020, from February 24 to March 1. This year's theme is #ComeAsYouAre: Hindsight is 20/20, reflecting on the positive steps people should take toward accepting themselves and others.

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DONOR SPOTLIGHT



NORTHWESTERN MEDICINE DELNOR HOSPITAL

This past November and December, TriCity Family Services helped a record number of client families in need through its Adopt-a-Family Thanksgiving and Christmas Programs, largely in part to the numerous community supporters who teamed up to offer assistance.

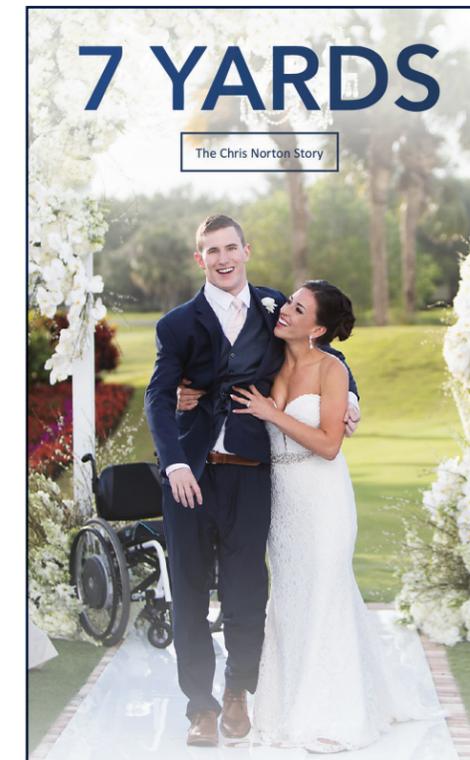
One such community supporter, Northwestern Medicine Delnor Hospital, has been adopting families at Christmas since 2014. Last month, they adopted a total of 16 families.

When it comes to partnering with TriCity Family Services, we could not be more

grateful to Northwestern Medicine Delnor Hospital for their continued contributions. Their team is also instrumental in sponsoring our special events. They have sponsored our winter race on two occasions, have sponsored or purchased a program ad for our annual Gala fundraiser for four years, and have attended our Gala for the past five years.

Collaborating with Northwestern Medicine Delnor Hospital has been valuable to TriCity Family Services and we extend our appreciation to them for all of their contributions.

SAVE THE DATE FOR THIS FILM PREMIERE AT ARCADEA THEATRE



SAVE THE DATE
Tuesday, April 28, 2020

Red Carpet Film Premiere of
7 YARDS

The Chris Norton Story

A documentary that will inspire you to overcome.

at the historic
Arcada Theatre in St. Charles

Proudly sponsored by



Proceeds benefiting CASA Kane County
and Tri-City Family Services

7yardsfilm.com

For more information or to become an event sponsor,
contact Lisa Weier (lweier@ftportfolios.com)